



DEPARTMENT OF ADMINISTRATION
Office of Employee Benefits

Employee Assistance Program (EAP) Monthly Email – February 2023

Managing work/life balance

Stress is your body's response to anything that you sense as a threat. While short-term stress can be good when it helps you focus your energy and effort, prolonged stress can take a toll on your overall well-being. Maintaining work/life balance can reduce the harmful effects of prolonged stress.

The State's employee assistance program (EAP) through BCBSRI and Beacon Health Options is available to you and your household family members at no extra cost. Use it to:

- Access tools for balancing work and family commitments.
- Find guidance on addressing stress and anxiety.
- Discover parenting tools and insights.

- Learn healthy lifestyle tips.

To learn more about available resources and find support, contact your EAP today.

EAP Webinar: “Managing Priorities to Maximize Your Day”

To keep up in today's fast-paced business environment, people need to continuously improve their planning and prioritizing skills. Feeling overwhelmed by competing priorities, tight deadlines, and interruptions can derail professional growth, impair team performance, and lead to stress and burnout. The focus of this program is on obtaining practical skills, tools, and techniques to maximize effectiveness and increase productivity.

The webinar will occur at 2pm on February 15, 2023 and registration is required. [Register here.](#)

Your Employee Assistance Program (EAP)

Anytime, any day, you and your household family members have free, confidential access to professional consultants and online resources to help you be your best. Just call or log on to get started.

PHONE: 866-987-3705 | 401-429-2104



WEBSITE: <https://stateofrhodeisland.mybeaconwellbeing.com>

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